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A
TREATISE
ON
D Y S P E P S I A,
OR
INDIGESTION;
WITH
OBSERVATIONS
ON
H Y P O C H O N D R I A S I S
AND
H Y S T E R I A.

SECOND EDITION, ENLARGED.

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LONDON:

Printed for LONGMAN, HURST, REES, ORME, and BROWN;

AND

E. PENNY, Bookseller, Sherborne, Dorset.

—
1821.

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“WHEN the Stomach is in a sound state, and Digestion is properly performed, the Spirits are good and the Body is light and easy; but when that organ is out of order, a languor, debility, melancholy, watchfulness, or troublesome dreams, the nightmare, &c. are the consequences.”

WHYTT

On Sympathy of the Nerves.

“Sufficit si quid fiat intelligamus etiamsi quomodo quid que fiat ignoramus.”

CIC.



PREFACE

TO THE

SECOND EDITION.

Presuming on the approbation of the Public by a rapid sale of the First Edition of this little work, I am induced to reprint it with enlargement and addition, and for this purpose I have chosen two subjects of great frequency and interest. These are *Hypochondriasis*, or Low Spirits, and *Hysteria*, or the Hysterical Disease, and they constitute an important link in the diversified chain of Nervous Disorders.

ADVERTISEMENT.

Let the stomach be considered in an anatomical, physiological, or pathological point of view, I believe it will be readily acknowledged an organ that possesses a pre-eminent power over the whole body; for on its salutary action, or on the perfect performance of its functions, nutrition, and the continuance and preservation of health, in a great measure depend. The sphere of its influence in the production and cure of disease is no less evident and considerable.

A part or organ that exercises such important offices, and that is perpetually liable to injuries, not only peculiar to itself, but also strongly affected from sympathy and connexion by those of others, must naturally be subject to many and various disorders.

ii.

The stomach, although apparently simple in its structure, is yet endowed with properties which the most skilful Anatomist or Chemist cannot explain. By observation and experience we learn the laws by which its powers are governed, but we shall perhaps ever remain ignorant of the exact manner in which they are performed. A debility or relaxation of its fibres, connected with or produced by a vitiated state of its secretions, appears to form the principal foundation of its most frequent derangements, and none is more common than Dyspepsia, or Indigestion, which forms the subject of this Treatise.

Modern pathologists have, I think, justly referred the seats and causes of most chronic and of many acute diseases to disorders of the stomach and alimentary canal, and by so doing they have greatly elucidated and satisfactorily explained their numerous phenomena, as well as pointed out a rational, scientific, and successful method of cure.

The labours of no physician have been more judiciously or more successfully employed on every branch of this subject, than those of DR. HAMILTON, author of the invaluable work on Purgative Medicines. I have been often

forcibly impressed by the diligent, patient, and accurate observations and inquiries of this eminent physician, and have been no less struck by the success of his practice. Diseases of long duration, of great obscurity and variety, have progressively, and as it were, insensibly yielded to his simple, but steady and persevering plan of treatment.

The purport of submitting the following Observations to the Public is to warn the young Practitioner against falling into a prevailing error of ascribing to the Liver, almost exclusively, the cause of all the disorders in the digestive organs, and thereby to prevent him from adopting the empirical practice of exhibiting Mercury rashly and injudiciously, on all occasions, as a panacea.

Since the publication of the first edition of this Treatise, the pen of DR. JAMES HAMILTON, JUN. Professor of Midwifery, has been engaged on the abuse of Mercury. The author has entered very fully on the subject, and has given ample proofs, not only of the inutility, but of the great injury resulting from the exhibition of Mercury in most of the diseases of the alimentary canal.



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PREFACE.

In order to give some illustration of the Disorder about which I am to treat, it may not be amiss to premise with a slight physiological sketch of the structure and functions of the parts in whose derangements it chiefly consists.

By the assistance of the lips the food is received into the mouth, where it is mixed by the tongue, divided by the teeth, and reduced by the saliva into a soft pulpy mass. By the contraction of the pharynx it is conveyed to the œsophagus and stomach; in its passage hither, and especially in the latter part, it is united with mucus. The great agent, however, in the process of digestion is secreted by the stomach,

ii.

and is called the succus gastricus. In this cavity the aliments are subjected to a heat of 98 degrees, are detained for some time, are agitated, and intimately united by strong muscular contractions, and are brought to a finer substance, called chyme: at length, by a relaxation of the pylorus, this is transmitted to the duodenum. The stimulus of the food excites the stomach to contraction and to an increased secretion of the succus gastricus, whereby a more perfect admixture takes place, and the heat must facilitate the solution. When the aliments, by the united powers of heat, agitation, admixture with saliva, succus gastricus, and probably some degree of fermentation, have been converted into chyme, and delivered to the duodenum, the stomach, relieved from the weight and stimulus of its contents, becomes quiescent, and in a great measure ceases to secrete its peculiar fluid. On the arrival of the chyme at the duodenum, it receives the intestinal lymph, the bile, and the pancreatic juice, with each of which it is incorporated in its progress through the jejunum.

and ileum, undergoing at the same time further chemical changes, so as to form chyle. In the stomach and duodenum, but especially in the jejunum and ileum, are seen the lacteal vessels, which absorb the chyle, and carry it to the mesenteric glands, by which it is, perhaps, further changed and rendered fitter for being conveyed thence to the thoracic duct, subclavian vein, and general circulation of the blood. The remaining part becomes the fecal residue; after being moistened by intestinal lymph and mucus, and having the thinner particles absorbed, is carried by the peristaltic motion to the rectum, from whence, at stated periods, it is discharged. "It is probable," says Dr. HAMILTON, "that this fecal residue is discharged into the more capacious colon, where the ileum enters it by a lateral opening, so contrived that the contents of the colon cannot be returned. This circumstance makes a distinction between the functions of the smaller and larger intestines, which is not commonly noticed. The former complete the preparation of the nourishment, and afford

opportunity for its being absorbed, while the latter receive and detain the fecal part till after it has accumulated, and perhaps undergone certain changes, when it is voided in a given quantity and at stated intervals. The regulation of the intestinal evacuation is connected besides in a particular manner, with the well-being and healthy state of the stomach and intestines themselves. The due regulation of the alvine discharge constitutes much of the prophylactic part of medicine, and teaches the propriety of advising those who wish to preserve good health, or to recover it when it is impaired, to attend carefully to this circumstance. In this view it may be proper, on such occasions, to counsel the valetudinarian to forsake the haunts and habits of fashionable life, to quit the crowded city, alluring amusements, and various occupations carried on in airless and even in tainted rooms, to shun luxurious tables, indolence, and late hours, to retrace the steps by which he has deviated from simple nature, and to court the “country pure air and simple diet.”

Various and ingenious theories have been proposed concerning the process of digestion, some having ascribed it to heat, others to triture, and others to fermentation. It is however evident from the institution of accurate experiments that the chief agent is the solvent power of the succus gastricus, aided by the operation of heat and the muscular action of the stomach. It is difficult to set limits to the influence of this fluid, for from the experiments of SPALLANZANI, HUNTER, and others, it appears that bones, and the hardest substances, nay even iron, have been dissolved by it. The stomachs of animals themselves have sometimes been found dissolved or corroded in certain parts after death. As a secreted fluid the quality and quantity of it must be liable to various changes, and from hence we may account for the different powers of digestion at different times in different men, and even in the same man at different times. The succus gastricus is sometimes very viscid and tenacious. It has probably other properties besides that of a solvent, and it may contribute to resist fermentation. It is thought by the most able judges that some

degree of fermentation always takes place in the most healthy digestion, but that by how much the less it is, by so much the more perfect is this function performed.* The presence of it is deduced from the presence of acidity at the time or soon after digestion. It is probable that the succus gastricus can dissolve only a certain portion of food, and this affords another reason for the injuries attendant on gluttony. It is ingeniously remarked by Dr. PROUT, that any stomach may digest a *little* of any thing, but no stomach can digest a *great deal* of any thing.† In great eaters the stomach has been found preternaturally distended. In healthy people the stomach may

* "If the chemico-animal process of digestion be stopped for but a moment, as by fear or even by voluntary eructation, a great quantity of air is generated by the fermentation which instantly succeeds the stop of digestion. By the experiments of Dr. HALES it appears that an apple during fermentation gave up above six hundred times its bulk of air, and the materials in the stomach are such and in such a situation as immediately to run into fermentation when digestion is impeded."

DARWIN'S *Zoonomia*, Vol. 1.

† PROUT on *Calculus Diseases*, 1821.

perform its part of the digestive process in three or four hours, and deliver its contents to the duodenum. When aliments remain too long in the stomach acidity arises. Fermentation is checked by the bile, pancreatic juice, &c. If there be a deficiency of the gastric juice, acidity is also the consequence, and the acid matter passing on to the intestines communicates a green colour to the bile.



DYSPEPSIA.

THIS is now become a very common disease, and appears in nearly the same proportion among the poor and the rich, although flowing from different and even opposite causes. In the first its prevalence may be generally ascribed to the combined agency of hard labour, cold and moisture, thin clothing, poor, watery, and vegetable diet, sedentary habits, and the pernicious custom of drinking tea and coffee. In the latter its most fertile sources are errors in diet, a sedentary mode of life, anxieties of

mind, and late hours. The nature and operation of all these causes will be particularly explained in the progress of the work. CELSUS and ARETÆUS have given us some excellent observations on this disease. The former says it was not frequent in his time; hence there can be little doubt but this and many other formidable diseases, are to be attributed to a variety of injurious practices, adopted and pursued by the moderns. ARETÆUS describes it under the name of *vitium stomachi*, and CELSUS *resolutio stomachi*, and he seems to be the first author who accurately described it. By the term *Dyspepsia* is understood a difficult, painful, or imperfect digestion, one of the most frequent and varied forms of chronic disorder, and the fruitful source of many others, both corporeal and mental.

The following is DR. CULLEN'S accurate and comprehensive definition:—

“ Genus XLV. Anorexia, Nausea, Vomitus, Inflatio, Ructus, Ruminatio, Cardialgia, Gastrodynia pauciora vel plura horum simul concurrentia, plerumque cum alvo, adstricta et sine alio vel ventriculi ipsius vel aliarum partium morbo.”

In this definition there is said to concur at the same time more or less of loss of appetite, sickness, vomiting, inflation, or flatulence, eructation, rumination, cardialgia, or heartburn, and gastrodynia, or spasm, with costiveness, but without any organic disease either of the stomach or of other parts.

In this as in other complaints we do not always meet with the whole of the characteristic symptoms in every case, but the leading ones generally present themselves in an evident manner, or in such order and degree as to establish a correct diagnosis. That the nature of Dyspepsia may be fully described in all its bearings, I shall give an ample detail of its symptoms, or phenomena, in their usual concourse and succession. This I am the more anxious to do, because I perceive that mistakes are frequently committed in ascribing to lesions of structure in other organs, and particularly the liver, symptoms purely proceeding from impaired or disordered functions of the alimentary canal, and in consequence leading to dangerous errors in practice. Therefore, previously to the giving of the history of Dyspepsia, I

shall avail myself of the distinction so properly made by Mr. ABERNETHY between disorder and disease. “Disorder,” he says, “I should define to be an unhealthy state of the feelings or functions of parts, without any apparent alteration of structure, and disease a visible alteration in the appearance or structure of the affected part. Disorder, or nervous disease, is the effect of vascular actions, excited by nervous disorder; an organ may become diseased to a certain degree, and yet disorder ceasing, its feelings and functions may be natural and healthy, yet disease must have a tendency to establish disorder.” P. 219.

We observe commonly in Dyspepsia the following symptoms—an impaired or lost appetite, sometimes amounting to a loathing of all food, sickness, vomiting,

and pain of stomach, especially after eating. The material ejected by vomiting is of various colour, being sometimes green or yellow, or very tough ropy phlegm. The taste of the mouth is disagreeably bitter, and the tongue, that faithful index of the state of the stomach, is more or less furred, especially in the morning, and on its posterior part. The papillæ are enlarged and protrude through the fur. There is flatulence in the stomach and bowels, with tension and pain in the hypochondriac, epigastric and umbilical regions; the flatulence is sometimes so great as to produce actual external swelling. Rumination, which consists in a rejection of the solid contents of the stomach, occasionally occurs, with the discharge of flatus: some patients can do this by a voluntary effort. There are frequent eructations

of wind and vitiated fluids from the stomach, through the œsophagus, bringing an acid or putrid liquor, or an insipid or viscid phlegm. Cardialgia or heart-burn is a very general symptom, and proceeds from irritation of the nerves of the stomach by the acrimony of its contents. It is sometimes exceedingly violent, and occurs in paroxysms at short intervals. The taking in of any acrid material will produce it; it arises from irritation of the cardia or upper orifice of the stomach. The sharpness of the fluid brought up is sometimes so great as to set the teeth on edge, as it is called, or to excoriate the parts over which it passes. Gastrodynia or spasm of the stomach is another leading symptom, and arises from irritation, occasioned by distension from flatus. When very violent it is apt to produce

convulsions ; sometimes this is almost the only symptom. The breath is fœtid and offensive, the bowels are generally costive, but sometimes there is an alternate state of costiveness and diarrhœa. The costiveness may be considered partly as a cause and effect. The bowels partake of the atony of the stomach.*

The alvine evacuations are often but little changed from their usual appearance, but at others they are mucous, fœtid, and dark or pitch-coloured ; a

* When vertigo arises from sympathy between the stomach and brain, there are generally evident signs of irritation in the stomach from an accumulation of phlegm, sordes, or other vitiated and acrid matter, on the expulsion of which the complaint is speedily removed. An instance, however, lately occurred to me where the vertigo appeared to arise wholly from a morbid sensibility of the nerves of the stomach alone, for the appetite continued good, and all the secretions and excretions appeared healthy ; soon afterwards an attack of gout presented itself, and the vertigo entirely ceased after the failure of stomachic and tonic medicines. Cupping at the temples was performed, but it was followed by an increase of the giddiness.

sallow complexion, vertigo, or giddiness, tinnitus aurium, or singing in the ears, dimness of sight, and other defects of vision, particularly *muscæ volitantes*, or the appearance of small insects flying before the eyes; general or partial tremours, or great nervousness, watching, palpitation of the heart, intermission and irregularity of the pulse, fluttering in the epigastrium; generally a small and low pulse, head-aches in the forms of hemicrania, cephalalgia, or *clavus hystericus*; transient or erratic pains in the breast, sides, and back; partial and profuse sweats, even without exercise; great languor, debility, and depression of spirits, with a sensation of uneasiness, vacuity, or sinking at the *præcordia*; the urine is either copious and pale coloured, or more scanty and turbid; in the bowels there are frequent pains,

tension, weight, and borborygmi, or a rumbling noise; a sense of stricture in the throat, like globus hystericus. The depression of spirits, or despondency, is so common an attendant on Dyspepsia, that the late Drs. GREGORY and HOME very properly thought that hypochondriasis should not be separated from it; and indeed the admirable history of this malady, given by Dr. SYDENHAM, identifies it with Dyspepsia, both in its nature and cure; the state of the mind is produced by the affection of the stomach, and which is illustrated by the opposite effects from taking wine and other cordials. Depression of spirits occurs particularly and severely from sea sickness, and especially when it occurs to persons of a melancholic temperament. Dyspepsia is various in its duration, sometimes it lasts only a few

hours, and consists in a nausea, vomiting, or a diarrhœa, but in general it goes on for days, weeks, or even months, or recurs often from slight causes; sometimes it lasts for years, or even a long life; but even here it is seldom dangerous, and we often meet with people labouring under it, who are even corpulent and retain their appetite and colour. Dr. HOME remarked that people of fair complexions are most subject to it. Out of twenty cases he found nineteen to be men. In my own experience I have found both sexes nearly alike affected. Middle age is most liable to it, though I have seen cases of it in persons of ten or twelve years old. The disease often spontaneously disappears between forty and fifty years of age. From a long continuance of it patients usually become pale, emaciated, dropsical, or

phthisical; it is often a hereditary, but generally speaking an acquired disease. Both gout and hysteria are often connected with Dyspepsia; indeed it may be inferred from the best pathologists of the present day, that both these diseases, however complicated in their phenomena, have their primary and chief seat in the disordered conditions of the alimentary canal. These organs, both in their healthy and morbid state, have certainly the greatest influence on the nervous and vascular systems and thereby on all the functions of the human body.

PROXIMATE CAUSE.

The remote causes, the symptoms just related, and the explanation of them that will be afterwards given, clearly

indicate that this complaint consists in an atony, loss of tone, or imbecility of the muscular fibres of the stomach and intestines; the succus gastricus seems also to undergo morbid changes, and is probably diminished in quantity and vitiated in quality.

REMOTE CAUSES.

These being very numerous and multifarious, it may be of advantage, for the sake of simplicity and perspicuity, to divide them into two classes, comprehending under the first, those which act primarily and directly on the stomach; and under the second, those which act indirectly on the stomach, by first injuring and enfeebling the whole system. Among the first may be justly enumerated tea and coffee, also sedatives,

as opium, tobacco, aromatics, ardent spirits and fermented liquors. Both tea and coffee have a direct and specific effect on the stomach and thence on the whole nervous system. The term sedative appears to me to be erroneously ascribed to the operation of these articles, since on many persons who take them watchfulness, preternatural sensibility and tremours are quickly and uniformly induced. A singular difference existing between tea and coffee, and other agents denominated sedatives or narcotics, is, that, however long the use of either of them of the same strength be continued, the same effects are permanently produced. Coffee has the same exhilarating power as tea, but it combines also a stimulant one, which operates on the sanguiferous system and counteracts its noxious properties on

the nervous system; hence it may be inferred to be more salutary than tea. Both in my opinion are decidedly improper in all persons of delicate and nervous constitutions, their influence in debilitating both body and mind is permanently and insidiously going on, and not unfrequently from the languor and depression of spirits following the use of tea, recourse is had to the assistance of wine or ardent spirits, which induce further and more destructive evils. Another common effect of tea on some constitutions, is to produce vomiting, the frequent occurrence of which must greatly injure the tone and healthy action of the stomach, exciting tremour of the hands and general debility. Dr. CURRIE ascribes, among other things, the susceptibility of taking febrile contagion to the profuse use of tea. This ingenious

writer gives a melancholy description of the combined powers of tea and ardent spirits on the constitutions of the poor. “In the eighteen hundred cellars in Liverpool, there are many in which animal food is not tasted more than once a week, but there are very few in which tea is not drunk daily; it is often, indeed, drunk twice a day. The money spent in tea is worse than wasted, it is not only diverted to an article that affords no nutrition, but to one that debilitates the empty stomach, and incapacitates for labour; hence the vast number of Dyspeptic complaints among our patients at the public charities, which are almost all to be traced to the use of tea or spirits, often indeed assisted by depression of mind. At the Infirmary and Dispensary together, this class of patients exceeds five hundred annually, the great majority are females.”

The two following cases, extracted from the Dublin Hospital Reports, illustrate in a striking point of view the specific operation of tea on the nervous system and of the deleterious effects of it when taken too freely:—

A Gentleman intending to walk some distance along the Coast of Devonshire set out in the morning of a hot summers day, having previously breakfasted on strong green tea, a beverage to which he was not unaccustomed. Having walked twelve miles he refreshed himself with a repetition of the same meal. Resuming his journey he walked nine miles further without hurry or fatigue. The heat of the day indisposed him to dine as usual on animal food, and he therefore called a third time for green tea and drank copiously of a strong

infusion, eating at the same time only bread or biscuit.

He retired early to bed, resolving to use a similar diet on the following day. Soon after he lay down he began to feel some unusual and distressing sensations about the præcordia, as if he were continually on the verge of fainting, but being much disposed to sleep these sensations were for a while disregarded, and he passed two hours in a kind of troubled slumber, waking at short intervals.

His respiration became irregular and oppressed, and his heart sometimes palpitated and at other times seemed motionless. At length he awoke suddenly and entirely as from a struggle of incubus. He now experienced acute pain, as from pain in the region of his heart, and in

spite of all his efforts he felt as if continually falling into deliquium. His pulse was feeble, irregular and intermitting in an extraordinary degree ; and slight fits of apparent asphyxia recurred every five or six minutes. He had with difficulty roused his servant at the Inn where he lay, and procured from an invalid companion of his journey two opium pills, consisting of one grain each and a small quantity of brandy and water. Deriving some temporary relief from these remedies he again composed himself to sleep, but after an hours slumber almost as distressing as that which he had before endured, he awoke in great agitation, gasping for breath and bedewed with a chilly moisture. Another pill of opium was procured and a glass of hot brandy and water of greater strength than the former.

From these he soon derived the wished-for relief and at length fell into a sound and natural sleep, from which he awoke at his usual hour in the morning in perfect health. It deserves to be remarked, that although perfectly unaccustomed to the use of opium or brandy in any degree of dilution, yet he experienced neither thirst, head-ache, nor any other uneasy symptom from the remedies he had used in the preceding night. The bane and the antidote seemed mutually to cancel each others noxious qualities. This Gentleman has frequently used green tea, even strongly infused, since this occurrence, though never in the excess above described, and as he derives refreshment only, without inconvenience, it is reasonable to conclude that no peculiarity or idiosyncrasy in his constitution occasioned the symptoms above detailed.

Second case by Dr. HARVEY—
Dr. — called upon me in the middle of the day in the summer season. I happened to answer the door myself, as all my domestics were out looking at some public spectacle. He appeared to me to be actuated by great terror, and upon my asking him what was the matter, he said, “I have called upon you to request you would let me in and allow me to die in your house.” When he sat down I examined his pulse, which was scarcely discernible and extremely irregular. He said he had called at the house of Dr. HUTCHESON and afterwards at Dr. PURCELL’s, but finding neither at home he came to mine, where he intreated I would allow him to expire, which event he was sure was inevitable. I cannot say at this distance of time what the circumstance was which made me ask him if he had been drinking

strong green tea. He immediately replied that he had drunk a great deal of strong green tea during the whole of the preceding night, as he sat up with an uncle of his who was to set off extremely early in a stage coach. I gave him a large glassful of cherry brandy and put him to bed. He slept for a couple of hours and awoke quite relieved from all his disagreeable feelings.

Dr. PERCIVAL,* who communicated these cases, remarks that green tea possesses a specific property of controlling and abating the motions of the heart and arteries, and thinks it may be usefully exhibited in fevers and other diseases, in which these organs are preternaturally excited. It would be much better for mankind if the use of green tea were restricted to these purposes.

* See the 1st Vol. of *Dublin Hospital Reports*.

Dr. WHYTT was strongly impressed with the pernicious qualities of tea, and says that the frequency of stomach complaints and nervous ailments, as they are commonly called, may be partly owing to the too great use of tea. I once imagined tea to be in a great measure unjustly accused and that it did not hurt the stomach more than an equal quantity of warm water, but experience has since taught me the contrary. Strong tea, drunk in any considerable quantity in a morning, especially if I eat little bread with it, generally makes me fainter before dinner than if I had taken no breakfast at all, at the same time it quickens my pulse and often affects me with a kind of giddiness. These bad effects of tea are most remarkable when my stomach is out of order.* I believe, if observation

were made, similar effects would be perceived by the majority of persons accustomed to the free and constant use of tea.

Tobacco, either in chewing or smoaking, or taking snuff, will enter the stomach and directly impair its action. The unwise custom of chewing or smoaking tobacco for many hours in a day, not only injures the salivary glands, producing dryness in the mouth when this drug is not used, but I suspect that it also produces schirrus of the pancreas.* But of all the remote causes of this and many other diseases none acts so certainly and dangerously as the use of ardent spirits; their stimulus is always followed by more or less of debility; their pernicious operation on the bodies

* Dr. DARWIN.

and morals of men have been fully and pathetically described by various learned physicians, among whom may be mentioned, in particular, my late celebrated friend and patron Dr. A. FOTHERGILL, of Bath, and Dr. LETTSOM. They produce flaccidity of the solids, tenuity of the fluids, indigestion, palsy, apoplexy, schirrosity, dropsy, &c. They generate heat and inflammation in the liver and dispose to gangrene. By occasioning debility they produce a stagnation of the fluids, promote exhalation, and at the same time diminish absorption; hence follows an incurable dropsy. Spirits operate immediately and chiefly on the stomach and brain, and through these on the liver. The appetite is destroyed, and general debility and emaciation ensue.

Similar effects must have been perceived by Dr. SYDENHAM, for he wishes the use of them to be altogether banished, or applied only to the healing of ulcers or curing of burns. He observes "since I have mentioned brandy, it were indeed to be wished, either that it was wholly forbid, or at least used only to recruit the spirits, and not to occasion a stupefaction, or that it was totally prohibited to use it internally, and only be allowed to apply it externally by surgeons in fomentations to digest ulcers or to heal burns."* The abuse of ardent spirits is not only the most fertile source of simple idiopathic but of dangerous symptomatic Dyspepsia, as well as of many other diseases of the vital organs, since it acts by inducing both disordered functions and diseased structure. In

* SYDENHAM's *Works*, P. 388.

the list of evils thus induced stand foremost Hepatitis, or inflammation of the liver, Phthisis, or consumption, Mania, or insanity, Apoplexy, Epilepsy, Paralysis, and Dropsy ; and what more need be added to this formidable train ?

There is, however, besides, a most alarming and dangerous form of disease peculiarly the offspring of intemperance, and which, in its nature and cure, points out in the most striking manner the influence and effects of nervous irritation.

The disease I mean is Delirium Tremens. We here perceive great diminution of nervous energy, with increased, or at least greatly quickened, vascular action, or even inflammation, but the latter state deserves in practice only a secondary consideration, for the

symptoms are aggravated by depletion, and are cured by sedatives or anodynes, allaying or removing nervous irritation. Nearly thirty years since I met with a violent case of this disease in an elderly and intemperate man; it had supervened on intoxication continued for several days. In this patient I observed by accident the good effects of an anodyne, in removing for a time the delirium and in tranquillizing the hurry and agitation of his mind. The medicine was repeated at short intervals, so as to keep the system constantly under its influence, and by this means was obtained an easy and speedy cure. Many similar instances have come since under my care, and all have yielded to similar treatment. Topical bleeding may be indicated and prove beneficial, but I have always seen injury produced by general bleeding. It is

surprising to see the quick and salutary effect of efficient and often repeated doses of opium. The pulse may be 120, 140, or more, in a minute, with considerable fulness and strength; the skin hot, the face flushed, the blood highly inflamed, and the delirium constant; and yet all these symptoms will be increased by bleeding, but arrested, diminished, and finally removed by the judicious exhibition of opium. Dr. SUTTON, in a very able Tract, has with great propriety and success, recommended the same practice. It is to the peculiar operation of pure alcohol, in ardent spirits on the human body, that we are to ascribe these baneful effects, for the like consequences rarely follow from the use, although intemperate, of wine, and the common fermented liquors of cider, beer, and porter.

MR. HARE, in his late excellent Work on the Stomach and Alimentary Canal, says, “ that intoxication depends on an actual transfer of volatile spirit from the stomach to the brain, and that errors of perception and general derangement of the sensorium, under the influence of strong liquors, are produced by the direct agency of such diffusible matter on the substance of the brain and particular nerves. On the dissection of a man killed suddenly by drinking a quart of gin, he found a preternatural and large quantity of fluid in the ventricles of the brain, having powerfully the smell of gin. These, however, are too often carried to excess, and seldom fail to produce plethora, debility, loss of appetite, and many alarming diseases. What injuries may not arise from drinking daily

sixteen or more pints of cider or beer?*

Opium also acts very injuriously on the stomach. Some people, even in this country, habituate themselves to take as large a quantity as two drachms. It soon debilitates the stomach and whole system. Opium, given only in the form of medicine, will sometimes induce Dyspepsia, although it be used for a short

* In the chronical debility brought on by drinking spirituous or fermented liquors there is a golden rule, by which I have successfully directed the quantity of spirit which they may safely lessen, for there is no other means by which they can recover their health. It should be premised that where the power of digestion in these patients is totally destroyed there is not much reason to expect a return to healthful vigour. I have directed these patients to omit one-fourth part of the quantity of vinous spirit they have been lately accustomed to, and if in a fortnight their appetite increases, they are advised to omit another fourth-part, but if they perceive that their digestion becomes impaired from the want of this quantity of spirituous potation, they are advised to continue as they are, and rather bear the ills they have than risk the encounter of greater.

Zoonomia, Vol. 1.

time ; nay, given by injection, it will operate on the whole nervous system, but its action in this way is safer.

Bitters are considered as sedatives, and many of them are direct poisons, and it is probable this virtue is possessed by all, in different degrees, especially if taken for a long time. Instead of proving tonics, they weaken the whole system. The laurel bay proves fatal to man and other animals. Bitter almonds are said quickly to destroy some animals. If these medicines are used, they should be given only in small quantity or for only a short period, as ten or twelve days.

Dr. CULLEN observes, that aromatics will occasion Dyspepsia. Drinking much warm liquid, and eating food too hot, are very hurtful to the stomach and

œsophagus, and they often produce vomiting. Tea, coffee, and soups are usually taken much too hot and too copiously. The distension alone, often repeated, relaxes the fibres of the stomach. Vomiting frequently occurring, whether spontaneous or excited by art, will occasion, or greatly contribute to produce, Dyspepsia. The same effect very often takes place from full living, especially if regular active exercise be at the same time omitted. “*Verum et Ventriculi Paralysis sæpe ortum ducit a sola nimia flacciditate fibrarum musculosarum ventriculi.*”*

Vomiting greatly weakens the fibres of the stomach, and hence the practice of attempting to preserve health, or of curing diseases of the stomach, by

* VAN SWIETEN, *Tóm. 3, P. 367.*

frequent emetics, is very injurious. Frequent spitting is another remote cause, and generally the natural effect of chewing or smoaking tobacco, and increasing its other pernicious qualities. A waste of saliva injures and retards the process of digestion, it also hurts the nervous system. In this manner mercurial salivation induces severe Dyspepsia, with general languor and debility.

Among all the errors of diet none are more frequent and important than excessive quantity: and hence, among the rich, they exceed all others in the production of this disease. Though persons can digest more of mixed than of simple food, the advantage is more than counterbalanced by the quantity to which variety always invites. The late Dr. J. FOTHERGILL was of opinion that more

injury arises from great eating than drinking. Salted, dried, and oily food, cheese, paste, fried food, and especially melted butter, are all hard, viscid, and difficult of digestion, and tend directly to weaken, disorder and vitiate the secretions of the stomach. Oil often remains unchanged after the digestion of other matters. The digestion is often destroyed by the addition of a single article, as happens from the drinking at meals of harsh, viscid, or unsound beer, ale or porter, which disturbs or interrupts the whole process of digestion. Large or undissolved matters seldom pass the pylorus, hence they are thrown up by vomiting, long after they have remained in the stomach and injured it by their weight, bulk, and acrimony. There are great peculiarities as to digestion, articles being very easy of digestion

to some proving quite difficult to others. This peculiarity may be called the idiosyncrasy of the stomach, and deserves great attention, since it determines the propriety or impropriety of different kinds of food. The late Dr. MANDEVILLE, we are told by Dr. J. FOTHERGILL, being often interrogated on the subject of diet by one of the Earls of MACCLESFIELD, was accustomed to make this question, "Does your Lordship like it?" "Yes." "Does it agree with your Lordship?" "Yes." Why then it is wholesome. This Dr. FOTHERGILL adds is perhaps the best direction that can be given, provided we can caution the inquirer against the too much. The present fashionable custom of taking meat breakfast, luncheon and dinner must necessarily injure, oppress and overload the powers of digestion, especially when

we take into consideration the general omission of exercise. Habit has however some effect here. Sailors live on the most insoluble diet, as salted meat, cheese, hard and rancid butter, oatmeal, pease, &c. and from habit digest these articles with impunity. Man can adapt himself to the greatest varieties of food as well as of climate. The succus gastricus contributes to produce hunger, for when the stomach is nearly empty it acts as a stimulant on its muscular fibres. Hunger is not produced merely from an empty stomach. Though the stomach be empty, and the appetite good, yet by abstaining from food for sometime this appetite goes off, but if food be withdrawn too long, languor and debility follow: hence long fasting is a frequent remote cause of Dyspepsia.

The causes of indigestion and other ill effects are well described by Dr. WILLAN:—

“ Indigestion, with acidity, flatulence, nausea, pain and distension of the stomach, arise from a variety of causes. In some, the fatigue and anxiety annexed to the extensive trades carried on in London, produce disorders of the stomach, in others irregularity as to the quality or times of their meals, and long fasting has the same effect. Merchants, bankers, and other men of business, also counsellors, attornies, and medical practitioners of every denomination, at some seasons of the year take an early breakfast and return to a late dinner, perhaps after suffering much for two or three hours from cold and hunger, and from uneasy sensations of faintness, languor,

sinking, &c. When the digestive powers have thus been previously debilitated, the process of digestion, after a hearty meal, is slow and imperfect. Under such circumstances it is not less injurious to eat heartily, and to take strong exercise immediately afterwards, than to load the stomach with dinner, tea, and supper, at one sitting, a practice usual among men of business, as well as men of pleasure; likely, if it be long continued, to entail on both of them, diseases to which the class of stomachic medicines, or the salubrious waters of Bath and Cheltenham, will not be able to furnish a certain antidote.”*

If temperance were to be strictly observed it would be much more salutary to make two meals, a dinner and a supper,

* WILLAN *on the Diseases of London.*

than to crowd the whole food into one. In this manner both the mind and body would be preserved in a state of activity and vigour competent to every kind of business. The evening to an abstemious man affords the greatest comfort, enabling him to enjoy activity of mind with rest and tranquillity of body. This acquisition more than compensates for the little time that is gained by what is called a long morning.

When a person after long fasting sits down to a late dinner, with his body and mind weak, languid and exhausted, he is too often tempted and induced to increase the evil of making a hearty meal by having recourse to the exhilarating and stimulating virtues of wine or other heating liquors; the combined powers of which render the body inactive, dull

and sleepy, digestion is impaired, perspiration and all the necessary secretions and excretions are impeded: hence follow plethora, irregular circulation of the blood and a numerous train of consequent diseases.

The second class of remote causes, or those first occasioning debility of the whole system, and afterwards that of the stomach, are, an indolent sedentary life, intense study, grief, and vexation.

Literary men are frequent subjects of Dyspepsia. Excessive eagerness in the pursuit of any occupation, anxiety and solicitude of mind, soon debilitate all the organs of digestion, inducing, by long duration, cachexy and dropsy. Moist and cold air, without exercise, very frequently produce this disorder.

This state of the atmosphere is unfavourable to perspiration; hence arise languor and depression of spirits. The whole nervous system is affected by gloomy and cloudy weather. The temperaments of nations are, doubtless, much owing to the atmosphere. Bright and warm weather relieves Dyspeptics, and all people of weak, delicate, and nervous constitutions. Violent exercise, without good living, is another cause, and the chief reason why the complaint is so frequent among the poor. Hard labour, bad or scanty food, and thin cloathing, are common causes of this and many other diseases.

Though the direct and indirect remote causes, as now stated, very generally produce Dyspepsia, we must not neglect taking into account a certain

predisposition which gives efficacy to, or seconds their operation. The predisponent cause appears to be, too great sensibility of the nervous system, and a preternatural weakness of the stomach and bowels. Dyspepsia is certainly hereditary. The remote causes are sometimes so strong and so long continued as to produce both the predisposition and the disorder.

PROGNOSIS.

Idiopathic, or simple Dyspepsia, is very rarely fatal, but often proves so when it is symptomatic. The former often continues many years without producing disease in any other part of the body; sometimes, however, by long duration, emaciation, cachexy, and dropsy follow. As Mr. ABERNETHY justly observes, the duration of such

complaints, without fatal consequences, shews that it is a disorder of functions, and not a disease of structure. Dissections confirm the opinion.

RATIO SYMPTOMATUM.

Anorexy, nausea and vomiting, proceed from sordes, undigested food, acidity, tough phlegm, or flatus, irritating and weakening the fibres of the stomach. Cardialgia or heartburn is occasioned by morbid acid irritating the stomach, and especially that most sensible part of it called the cardia or upper orifice.

“Ventriculus enim ipse non videtur adeo sensibilis, esse, sed illum orificium superius, dum enim acidum hærit in ventriculo quietum, non inde dolor oritur,

sed simul ac vel ructus expellens sursum,
vel motus, vel mutatus situs corporis,
illud applicat orificio superiori ventriculi
statim molestissimus doloris sensus
adest."

" Ille Ventriculi Morsus non semper
ab acido sed et ab alia quacunque acri-
monia irritante Cardiam oriri potest."*

For the stomach itself seems not so
sensible as its upper orifice, for while an
acid lies quiet in the stomach it causes no
pain, but as soon as by eructation it is
thrown upwards or by the motion and
different position of the body it falls
upon the upper orifice, presently then
comes on this most disagreeable pain.
This heart-burning may be not only
from an acid, but from any other acrimony

* VAN SWIETEN, *Tom. 2, P. 85.*

irritating the cardia or mouth of the stomach. HALLER also mentions the great sensibility of the cardia from its very numerous nerves.

“ Omnia ostendunt tenerum sensum numerissimorum in cardia nervorum esse.”*

Vegetable matter readily becomes acid and very acrimonious. A partial inversion of the lower part of the stomach seems to throw the acid to the cardia, producing acute pain. Gastrodynia and enterodynia have their origin in flatus, irritating and distending the stomach and bowels, and exciting them to severe spasmodic contractions. These effects are sometimes produced by a small quantity of wind, and the

* HALLERI *Elementa Physiologia*, Tom. 7. P. 339.

discharge of it affords immediate relief. Dyspeptic patients sometimes draw in air by the œsophagus, and the eructations are thereby increased. Gastrodynia is frequently connected with cardialgia, but it arises from a different cause, being a painful spasmodic affection of the stomach, produced by its morbid acidity or other vitiated and acrid secretions. Very frequently pains or spasms in other parts of the body accompany gastrodynia, occasioned by the great sympathy existing between them and the stomach. Sometimes these pains alternate with each other. A violent spasm of the stomach sometimes proves suddenly fatal. I saw an instance of it in a man from the sudden cessation or removal of lumbago. This was a striking instance of the translation of rheumatism from the muscles of the loins to the stomach, and

shows the risk attending the removal of lumbago by external remedies alone. The next symptoms of great importance and of frequent occurrence are sympathetic affections of the head and the heart. Among the former are to be considered vertigo, head-ache, both general and partial, tinnitus aurium, and various defects of vision. The accession of these affections, their declension and removal keeping pace, with an evident disorder and improvement of the functions of the stomach and alimentary canal, make it more than probable that they are owing to the remarkable sensibility of the stomach and the great and constant sympathy subsisting between it and the organs thus affected. The feelings of the patient are alarming and distressing when the action of the heart and arteries is disturbed, and which discovers itself by

palpitation, irregularity, and intermission of the pulse; there is also a very frequent and unpleasant sensation at the epigastrium, called fluttering, proceeding sometimes to a troublesome pulsation. Of this last symptom Dr. BAILLIE has given a satisfactory account, in the fourth volume of the *London Medical Transactions*. He says, that “in most cases, it will be found to be connected with an imperfect digestion and an irritable constitution.” The fluttering seems to be a slighter degree of the same affection, affecting the smaller arteries of the stomach.

I once had a severe case of this complaint in which the patient had been treated as labouring under aneurism, and by which much injury was occasioned. He completely recovered by diet and

medicines indicated for the removal of debility and irritation.

Palpitation of the heart arises from distension of the stomach and bowels, with flatus impeding the action of the diaphragm and the circulation of the blood. MORGAGNI, speaking of this distension, says “Itaque, sicuti de ver-
mibus modo dixi, ita de flatibus nunc dico, plerumque hos cordi molestos esse, non cum ejus, aut pericardii cavum, sed cum subjecta intestina occupant, et ventriculum. Quæ sæpe flatus distendunt adeo, ut septo transverso, et huic incubanti cordi incommodent. Sic autem manifeste patet, quod in scholiis, ad observationem illam additis xvij. semel, iterum, ac tertio inculcatur, flatibus erumpentibus levare aut solvi palpitationem.”*

* *Epist. xxij. 16.*

Wherefore, as I just now said of worms, so I now say of flatusses, that these are for the most part troublesome to the heart, not by occupying the cavity of this viscus, or of the pericardium itself, but by occupying the intestines and stomach that lie beneath them, which viscera are often so distended with flatus as to incommode very much the diaphragm and the heart lying upon it. For on this supposition what is inculcated frequently in the scholia, added to that eighteenth observation that by the eruption of flatus a palpitation of the heart is frequently cured or relieved, becomes evident and intelligible.

Dr. WHYTT, the celebrated writer on nervous diseases, and many other authors mention the same symptoms, and refer them to the same cause. The

dryness of the mouth and fur on the tongue depend on the want of a proper secretion in the stomach and the parts affected. The oppression and difficulty of respiration are occasioned by the distension of the stomach impeding the descent of the diaphragm. The state of the mind or the depression of the spirits so constant in Dyspepsia is produced by a derangement of the chylopoietic organs. The sympathy between the brain and the stomach, or the debility communicated to the former from the latter, gives a good explanation of the cause. Costiveness arises from torpor, atony, or want of due action in the bowels. Diarrhœa arises from irritation, acrimony, and a preternatural irritability of the same. Watching, or want of sleep, seems to be occasioned by the presence of some irritating material in the primæ

viæ, concurring with preternatural sensibility and irritability of these organs.

CURE.

Within the last thirty years it has been the fashion to consider the liver as the *fons et origo* of almost all diseases, not only of the abdomen, but also of other parts, so that nothing is more common than to hear, not only of the seat of Dyspepsia and of gout, to be the liver, but also that of apoplexy and epilepsy. In Dyspepsia I will readily allow that the functions of this viscus may be deranged, in conjunction with the stomach and intestines, but I think that, for the most part, this is only in a secondary or slighter degree. In the course of thirty years extensive practice I have undoubtedly met with many

cases where the symptoms clearly denoted both disorder and disease in the liver, but these instances have comparatively been very few, and have exclusively happened to persons long habituated to the abuse of wine and ardent spirits, especially the latter. We hear daily reports of a schirrous liver, but are very seldom told of a schirrous stomach, pancreas, spleen, or intestines, although we might, *a priori*, expect the one as well as the other, nay, more frequently, in the first and last of these organs, since they are daily and hourly exposed to all kinds of injuries and irritations. The stomach and intestines are the primary and chief agents of digestion and nutrition, to the performing of which the liver is only an humble auxiliary. The bile may be wholly obstructed for many years, and yet nutrition will proceed. I

have seen cases of jaundice, of many years duration, yield to simple tonics, aperients, and regular exercise, after the complete failure of long mercurial courses. In these instances, as the persons afterwards enjoyed many years of good health, a lesion of structure in any viscus cannot be supposed to have occurred. The histories related by Mr. ABERNETHY appear to me to shew the bile may be unhealthy or vitiated without disease of the liver. Disordered organs, he says, should be carefully distinguished from lesions of them. If to the existence of pain in the epigastric or hypochondriac region be superadded a sallow complexion and dark-coloured or black offensive motions, the patient is too commonly pronounced to have a diseased liver, and immediately recourse is had to mercury, to attack it *vi et armis*, and not

unfrequently, by the unguarded use of this mineral, an alarming and long-protracted salivation as well as a great aggravation of all the symptoms and a numerous train of disorders are produced. Many instances of this kind have come to my knowledge, so that my endeavours to assist and guide the young practitioner will be amply rewarded, if, by the observations which I have made, he shall be prevented from falling into similar errors. Let all the remote causes, and all the symptoms be duly considered, both singly, and in combination, the age, sex and constitution of the patient, and let a cautious and candid inference be then made; and when this is done, let the principles of practice be guided by the same prudential mode. It should be always remembered, that in pure idiopathic Dyspepsia, such as I have described,

the stomach and bowels are only deranged in their functions, not diseased in structure; that the liver, for the most part, is only slightly and secondarily affected, and that by appropriate diet, regimen, tonic, aperient and corrective medicines the complaint may be safely and often expeditiously cured without the least assistance from mercury. Dark or black-coloured stools do not alone afford a proper criterion for judging the presence of a diseased liver, for it is allowed that such changes may take place from simple vitiated secretions of the intestines. Even Mr. ABERNETHY, the great advocate for unhealthy bile, thinks that the alvine evacuations which resemble pitch are chiefly composed of diseased secretions from the internal surface of the intestines. The speedy removal of this colour, by a few doses of simple

cathartics, or of ol. terebinth, is a further proof of its cause. The twelfth case of this author was one of simple Dyspepsia, but of several months duration, and in which the appetite and digestion were much impaired, the tongue thickly furred, and the fœces blackish.* In a few

* **BLACK VOMITING.**—This alarming and very dangerous symptom sometimes happens in simple Dyspepsia, of which I have very lately seen an instance in a Lady about thirty years of age. For many years she had been subject to frequent attacks of pain in the stomach, with nausea, vomiting, flatulence &c. and at all times these symptoms were readily excited by slight errors in diet. A few weeks since a more severe return than usual occurred with repeated daily vomiting of a thickish coffee-coloured fluid, containing filamentous specks of blood. The alvine discharges were fluid and unhealthy, but without the dark colour of the material ejected by vomiting. To these symptoms there followed an excoriation and tenderness of the anus, an inflammation and pustular eruption in the inside of the nose, a total loss of appetite, great prostration of strength, hectic fever, and speedily after death. It must be observed that after the appearance of the coffee-coloured fluid by vomiting no pain was felt in the epigastric region, nor was there any tension or pain complained of in any part of the abdomen, so that there was no reason to suspect the existence of any tumour in the abdominal viscera. The fluid, consisting in part most probably

days, by the taking of infusum gentianæ and senna, with tinct. cardamomi, in such doses as to produce daily evacuations, and a small portion of pil. hydrargy, at proper intervals, the patient recovered. There is good reason to believe that the simple laxative and tonic would alone have succeeded; at least to such treatment I have seen a hundred similar cases speedily yield. It is not however against the cautious use of unirritating doses of mercury, according to the judicious practice of Mr. ABERNETHY, in some obstinate, complicated,

of blood, seems to have gradually transuded from the exhalent vessels of the stomach. Dr. WHYTT says that patients who have been long affected with violent pains and cramps or other disorders of the stomach often throw up some dark coloured stuff, which is commonly nothing but blood that has lost its colour, for although when blood is poured into the cavity of the stomach in a large quantity it is soon vomited either in its fluid state or coagulated, yet when it oozes slowly from the smaller vessels it loses its red colour by lying long, and when thrown up resembles the grounds of coffee.

and protracted cases of Dyspepsia, that I wish to caution the young practitioner, but against the precipitate and unguarded use of it in general. At the beginning of severe attacks of Dyspepsia, and where the alvine discharges are much discoloured, or of a viscid clayey appearance, it may be advisable to combine a few doses of mercury with other cathartics, in order to communicate greater stimulus to the bowels and liver, but in more chronic affections, or in Dyspepsia of long duration, other cathartics, combined with tonics, will be much safer and more effectual.

From the contiguity and sympathy between all the abdominal viscera it is natural to suppose that disease or disorder of one part is often mutually partaken of by all, and the great point is to find out

that which has primarily suffered. Into what great errors the mind biassed by speculative opinions or too much attached to a particular theory may be carried, is strikingly illustrated by the following fact :—A physician of considerable popularity, who found his dissolution approaching from what he declared himself certain was the influence of a diseased liver, requested that the organ might be particularly examined after death, for the purpose of assisting the views of his professional survivors in similar cases, since he thought it extraordinary that mercury should have afforded him no benefit when it had been the means of relieving so many of his patients. He died very shortly after, and when his remains were examined the liver was found of its natural size, of healthful appearance generally, and not

the slightest trace of disease observable on any part of it, nor were the adjoining organs by any means disordered; but on examining the lungs they exhibited an entire mass of disease. This case speaks volumes to a discerning and ingenuous mind. There is another remedy of equally prevailing influence and in my opinion of equally dangerous tendency with mercury, when, as it often is, had recourse to without due caution and deliberation. I mean large and repeated detraction of blood from the arm in apparent cases of hepatitis or inflammation of the liver. In most instances in this country this disease I believe consists in chronic or subacute inflammation or congestion, and occurring in debilitated and broken constitutions very incompetent to the bearing of large and repeated bleeding. It would be far more prudent and

eventually more successful to try the ground first by local bleeding and blisters, with suitable internal remedies. There are but few diseases, and these are of a sudden acute form that will bear a free use of the lancet, they are chiefly genuine sanguineous apoplexy and inflammation of the lungs, stomach or intestines in a simple and recent form. In these cases bleeding, if promptly and efficiently performed, will produce effects not to be obtained by any other remedy. I am happy in now perceiving physicians of great talents and observation rising in various quarters with an opposition of their experience and judgment to the present rage for general bleeding; but the best protection would be afforded to the minds of young practitioners against delusion by careful study and reflection on the writings of

SYDENHAM, MORGAGNI, FOTHERGILL and HEBERDEN, by whose sage admonitions he would be instructed not to follow the empirical mode of practising physic according to the name of a disease, but according to its symptoms, and the nature and tendency of various collateral circumstances.

Very correct pathological views, confirmed by successful practice in a variety of anomalous and important diseases, have been pointed out by Dr. MARSHALL HALL,* and which well illustrate the cautions that have been here given. Sanguinem, incisa vena, mitti novum non est, sed mullum pæne morbum esse, in quo non mittatur, novum est.†

* A Treatise on the *Mimoses* and Cases of a serious Morbid Affection.

† CELSUS, *Lib.* 2.

The following character of Dr. SYDENHAM, by the great LOCKE, may not be unacceptable to the reader: "That which I always thought of Dr. SYDENHAM, while living, I find the world allows him now he is dead. I hope the age has many who will follow his example, and by the way of accurate practical observation, as he has so happily begun, enlarge the history of diseases and improve the art of physic, and not by speculative hypothesis fill the world with useless though pleasing visions."*

LOCKE'S *Works*, 4to. *Letter to Dr. MOLYNEUX*.

* An admirer and follower of this great physician has also recently paid the debt of nature. The death of Dr. GREGORY, successor to Dr. CULLEN, will be long and deeply felt by the University of Edinburgh and by the science of medicine throughout all Europe. In him were united to every essential and ornamental branch of learning a great and vigorous mind, with such a singular and striking medical acumen as instantly to perfect his judgment on the nature and cure of diseases, and to render him a most successful practitioner. "Opinionem commenta delet dies Naturæ judicia confirmet."

In the cure of Dyspepsia it is necessary to correct, obviate, or remove the unhealthy or vitiated secretions of all the chylopoietic viscera, but chiefly those of the alimentary canal, since these, either as cause or effect, take place in all cases of it. The curative indications are threefold, and respect first, the avoiding of the remote causes; secondly, the palliation or removal of urgent symptoms; and thirdly, the restoring of the tone of the stomach in particular, and of the system in general.

The great difficulty experienced in the cure of this as well as other chronic diseases, arises from the continued operation of the remote causes, and the unwillingness of patients to submit to, and persevere in, for a sufficient length of time, a proper course of treatment. In

many cases, especially recent ones, the omission alone of the remote causes will be sufficient to accomplish a cure. The patient must therefore be diligently encouraged to correct the errors flowing from improper diet, injurious habits, sedentary occupations, omission of exercise, &c. An improper diet to the weak and valetudinary is acknowledged to be a very frequent remote cause of Dyspepsia, and, therefore, too great attention cannot be paid to the taking of that kind and quantity of food, which is the best adapted to the digestive powers.

The golden rule in respect of every kind of food is to avoid excess in quantity. Within the limits of the first sensations of satiety almost any kind of food may be safely taken and easily digested by persons in health. It must be kept

in remembrance that the rules for diet about to be recommended are designed for those already affected with the disorder here treated of, or from their delicacy of habit or other causes have a strong predisposition to the same. Dyspeptic, hysterical and hypochondrical patients cannot pay too much attention to the quantity and quality of their food. Cocoa or thin chocolate, or an infusion of sage, ginger, or rosemary, to which may be added soft boiled eggs, with a little fresh butter spread cold on bread or biscuit, or a little of cold fowl or the lean of mutton or beef will generally answer for breakfast. Heated butter, or hot toast and butter generally disagrees; much bread or sugar is also equally hurtful, and the common cause of heart-burn. With some people butter in every form disorders the stomach and

sympathetically the head. The present fashion of dining late is extremely adverse to the preservation and recovery of health, and will, I fear, in this and other complaints defeat or render abortive the best curative treatment. The time in fashionable life of taking luncheon is the most appropriate for dinner and by which it should be superseded; if this were done no injury would arise to most persons from a light supper, since the digestion of a hearty dinner at a late hour is more imperfectly performed. Those who are in the habit of taking meat for breakfast, luncheon and dinner will eventually suffer from repletion and all its ill consequences.

The following culinary observations by Dr. PROUT will, I think, be interesting and useful to the reader :—

“ Every one knows that the longer an egg is boiled within certain limits the harder it becomes. Now the muscular fibre of animals is composed of an albuminous principle possessed of precisely the same properties. Young meats on the contrary, as veal, are reduced by long boiling to a gelatinous substance, the easy digestibility and wholesomeness of which, in my opinion, is very problematical. Nearly the same remarks apply to roasting, which is but another mode of imparting the effect of heat. The case is somewhat different with respect to vegetables, but even here great mistakes are often committed. Thus potatoes are most generally boiled to the state of a dry insipid powder, instead of being preserved in that state in which the parts of which they are composed are rendered soft and gelatinous, so as to retain their

shape yet be very easily separated: and of vegetables it may be remarked in general, that if they require a great deal of boiling to render them soft, they are for the most part difficult of digestion and little nutritious. The fact is, that the boiling temperature is too high for a great many of the processes of cooking, and that a lower temperature and a greater time, *or a species of infusion*, are best adapted for most of them. This is notorious with substances intended to be *stewed*, which, even in cookery books, are directed to be *boiled slowly* (that is not at all,) and for a considerable time. The ignorance and prejudice existing on these points is very great and combated with difficulty, yet when we take into account their importance and how intimately they are connected with health, they will be found to deserve no small

share of our attention. With respect to soups and other liquid aliments, I perfectly agree with an eminent modern teacher, that they should be taken in very moderate quantity, if not altogether shunned, by these who suffer from affections of the digestive organs. What can be more absurd for example, than drenching an empty stomach already debilitated with a large quantity of hot water or soup? Do we not by such means stand a chance of inducing still greater debility and of diluting and washing away that important secretion (already perhaps existing in deficient quantity) intended by nature to digest our food? But these are not the only evil consequences: substances, and particularly those of a stimulating nature, when in solution in a large quantity of water, are much more liable to escape the digestive

process, and thus get into the circulating system, in their natural crude state than when solid, the consequence of which is, that the welfare of the animal economy requiring that they should be expelled as speedily as possible, and the kidney being the natural outlet, this delicate organ is doomed to be stimulated with the unnatural matter; and when we reflect upon the constant state of irritation in which it must be kept by some individuals, we are astonished that its functions are not even more deranged than they appear to be.”*

The arterial, the nervous, and the muscular excitements promoted by bodily exercise are very different from those produced by the use of fermented liquors.† This author maintains that

* PROUT, *on Calculous Diseases*.

† HARE, *on the Stomach*.

all those whose powers of digestion are not energetic should avoid sitting the usual length of time after dinner, and adopt regularly some kind of gentle exercise.

In general animal food may be taken twice a day, in a moderate degree, by Dyspeptics. It should consist of beef, mutton, or fowl. The vegetables should be few and of the most tender kind; mealy potatoes seldom disagree. The good old custom of dining in the middle of the day will be found conducive to health and sleep, it is best adapted to the decline of animal vigour, because it affords a timely replenishment before the evening waning of the vital powers, and which naturally precedes the hour of rest. Dining early is not only a fit time for the principal refreshment, but

the custom tends to prevent intemperance; while late hours, and a consequent state of exhaustion demand or seem to justify an excessive indulgence in strong drinks and in variety of food.* Although food be not taken in an improper quantity, the quality of it may be very injurious and greatly dispose to the production of nervous disorders, and to a plethoric, inflammatory, and gouty habit of body. Of this description of food are high-seasoned strong meats with heating sauces and wines. For my part when I behold a fashionable table set out in all its magnificence, I fancy that I see gout and dropsies, fevers and lethargies, with other innumerable distempers, lying in ambuscade among the dishes.† Plain cold water, or toast water, in small

* CARLSILE *on the Disorders of Old Age*.

† *Spectator*, Vol. 3.

quantity, is the best diluent at dinner; sometimes well brewed table beer agrees remarkably well. The fat of meat, pie-crust, heavy unfermented bread, bacon, rich fat puddings, and other greasy substances, as also dried and salted meats, nuts, acids, and all vegetables readily disposed to assume an acid fermentation, are improper. To those who can afford wine, two or three glasses, either of port or sherry, may be taken to advantage. The best substitute for wine is good porter, with which most parts of the kingdom are now well supplied. When a light and simple dinner is made supper is admissible, and for this purpose an egg, some seed-cake, or biscuit, with one glass of wine, will afford to most people a grateful and refreshing stimulus. There can scarcely be a more hurtful practice than the frequent use of rich

vegetable soup, and I believe very few who take them in this manner are exempt from many Dyspeptic symptoms, especially flatulency and uneasy distension. It has been repeatedly observed that no part of dietetics is of so much consequence as quantity, and on this principle it is that desserts are so hurtful. When the stomach is already and perhaps more than sufficiently supplied with food, an addition of hard and dried fruits, or fresh ascendent ones must add greatly and injuriously to its oppression and distension, and cannot fail to disturb and vitiate the process of digestion. The second indication embraces the removal or correction of crudities in the stomach and bowels, acidity, flatulence, vomiting, costiveness, diarrhœa, &c. of which I shall severally treat. In some cases vomiting is a safe and speedy remedy to

remove the vitiated contents of the stomach, but emetics, however, require great caution, and when used they should always be gentle, and consist of ipecacuanha instead of antimony; from fifteen to twenty grains are an adequate dose. Emetics are adapted to cases of Dyspepsia, proceeding from improper food, either in quantity or quality, and especially when the complaint is suddenly produced. They are not eligible for habitual vomiting, for although they agitate and excite the whole system, they afterwards proportionally weaken and disorder it. Cathartics are generally preferable to emetics, and the mildest of these also are the best. An early exhibition of cathartics will supersede the use of emetics. The body must be kept constantly open, and this, from long experience, I have found to be most

certainly and properly effected by a combination of cathartic, tonic, and stimulant medicines. In most cases I have found an union of rhubarb, aloes, senna, and cascarilla, or canella alba, of decided benefit, and sufficient to keep the bowels in a regular and proper state of laxity, the bitter quality of aloes and rhubarb renders them better than jalap or the saline purges, the latter having a disagreeable and sedative effect; some people, however, cannot take aloes from its griping and injuring the parts about the rectum, causing tenesmus. *Ol. ricin*, in such cases, will often answer, and it may be mixed with some spirituous tincture, as *tinct. rhei*, *sennæ*, or *jalapæ*. The rectified oil of turpentine is an excellent medicine in *Dyspepsia*, and has a remarkably quick effect in changing the dark, vitiated, and offensive alvine

discharges to a healthy colour. Twenty or twenty-five drops may be given, in the form of a julap, three times a day. This remedy should be always tried, in such cases, previous to the use of mercury. This remedy is also extremely valuable in hæmatemesis* and melæna.† Absorbent cathartics, as magnesia, or this joined with rhubarb, answer very well. Simple acidity is best corrected by absorbents or pure alkali; the dose of the latter is from 15 drops to half a dram, in veal broth or lime water. Calcareous earth and magnesia may be used in conjunction; calcareous earth, in a large dose, is not always an astringent, it then sometimes proves purgative; in small doses it is a good medicine in diarrhœa, and the *potio cretæ* is an eligible form of using it. Magnesia, mixing with an

* A Vomiting of Blood.

† A Dejection of Blood.

acid in the stomach, becomes a neutral and saline purgative when there is a deficiency of acid; magnesia and the potassa supertartrata or cream of tartar become cathartic. In cases of acidity a total disuse of vegetables is not always necessary; they may be taken, in small quantity, with plain animal food, and particularly when they induce patients to take more of the latter than they could take without them.

A head-ach of a peculiar kind, severe, frequently recurring, and so often connected with sickness and vomiting, has obtained for it the distinct appellation of the sick-head-ach. From the history of it, its causes and the method of cure to which it yields, it seems to arise from a morbid sympathy excited in the head by an irritation from the acrid and vitiated

contents of the stomach and intestines. It is a pain often extremely violent, affecting only certain parts of the head, commonly the forehead over one or both eyes, at other times the upper part of the parietal bone on one side, or the occiput, and it frequently passes from one part to another. The attack occurs generally in the morning and its duration varies from two or three to twenty four hours or more, it is usually accompanied by nausea or vomiting of bile and phlegm. Costiveness for the most part precedes it, and when a purging takes place either spontaneously, or is excited by art, it commonly soon disappears. Dr. FOTHERGILL observes that those who use but little exercise and are inattentive to their diet are the greatest sufferers. An irregular periodical and sudden attack of vomiting of undigested food,

phlegm, bile and acid matter, distresses many persons for a long series of years, until by change of diet, mode of life, or increasing age, the vitiated state of the stomach is corrected and its digestive powers altered or improved. I have known people suffer in this way three or four times a year for twenty years. For a day or two before the attack the appetite is unusually keen, arising from morbid acidity or the piquancy of the fluids of the stomach. Two very excellent papers have been published on the sick-head-ach by Dr. J. FOTHERGILL in the *Medical Observations and Inquiries*, Vol. 6. P. 103; and by Dr. PELHAM WARREN in the 4th Vol. of the *London Medical Transactions*, to both of which I refer the reader. In the 6th Vol. of the same transactions is also a very valuable paper by Dr. YEATS on the

duodenum, a part of the alimentary canal of great importance in the process of digestion, and a most fertile source of its disorders. In respect to the sick-head-ach Dr. FOTHERGILL chiefly accuses the stomach, Dr. WARREN refers the cause of it to two seats, the stomach and duodenum, though he thinks that both these parts are often implicated at the same time. In the cure of this affection, if proper diet and exercise be observed, gentle occasional emetics or mild cathartics, followed by corrective tonics and stimulants are found most successful. When the duodenum or upper bowels are considered the seat of disorder, Dr. WARREN advises, whilst the head-ach is forming, or already formed, the giving of a purgative of such a kind as will act most speedily upon the stomach and upper bowels of the individual who is

the subject of the attack, and the dose of it should be repeated every half hour, or oftener, till some mitigation of the pain in the head and mistiness of the sight takes place, or a disposition to action is perceived in the upper bowels. When the stomach alone is chiefly concerned, the purgative should be just sufficient to prevent the stomach from retaining such portions of food as may escape the full action of digestion. For this purpose he says a few grains of rhubarb, two or three grains of the compound extract of colocintida, a grain of socotrine aloes, or any other convenient purgative may be administered daily, either before dinner or at any time when the individual has notice from his own feelings that the inconvenience experienced in the stomach is likely to proceed so far as to occasion

head-ach. In these disorders Dr. WARREN considers calomel objectionable, both on account of the slowness of its operation and because the mercurial influence which it exercises, independent of its purgative property, is not requisite to the removal of the head-ach, and is sometimes prejudicial.*

Dr. FOTHERGILL experienced frequent success from the following mixture:—

R. Aloes socotorin. drach. j.

Rad rhei.

— glycyrrh. incis. aa. drach. ss.

Infunde in aquæ calcis unc. viij.

Colaturæ adde spirit. lavend. comp. unc. ss.

M. Capiat cochl. i, ij, aut iij. pro re natâ.

In common cases of acidity, flatulence, vomiting and costiveness, my usual

* P. 255.

formulæ for pills and a tonic and aperient mixture, are these which follow ·

R. Pulv. rhei optim. drach. ij.
 ——— ipecacuanh. drach. ss.
 ——— baccar. capsici scrup. j.
 Ol. cinnam. gutt. iij.

Mucil. g. acaciæ q. s. ut fiat massa, in pil lx. dividenda quarum sumat duas horas duabus vel tantum una ante prandium.

R. Canellæ albæ contus. drach. iij.
 Rad calumb. contus.
 Cort. aurant. exsicc.
 Fol. sennæ, aa. drach. j.
 Semin. cardamom. contrit. scrup. ij
 Aquæ fontan. fervent. vel infus. cascarill. fervid.
 aut decoct. cinchon. ferv. lb. ss.

Macera in vase leviter clauso per horas duas et cola dein adde tinct. cort. aurant. unc. ss. M. capiat unc. j. bis terve die.

I have in many cases seen good effects from the taking of an acid mixture in conjunction with aperient and alterative pills, agreeably to these forms :

R. Acid. muriatic.

—— nitric. aa. unc. ss.

M. capiat ex guttis x ad xv. vel xx. bis die in unc. ij.
aquaë fontan. vel. unc. iss. infus. gentian. comp.

R. Pil. hydrargyr. scr. ss.

M. et fiat massa in pilulas xx. dividenda, quarum
sumat duas singulis vel alternis noctibus.

From numerous trials I have found the oxyd of bismuth a most efficacious and useful remedy in almost every symptom of Dyspepsia but especially in vomiting, acidity and flatulence, or in cardialgia or pyrosis and in gastrodynia. I frequently combine it with ginger, cayenne pepper and rhubarb, and give it in the form of pills, conjoining some tonic, aperient and stimulant infusion. Frequently also I have found the extract of hyoscyamus an useful adjunct by its anodyne virtue without any astringency.

Dr. ELLIOTSON speaks in the highest terms of the extract of stramonium. Of late there has been introduced into England from Italy, France and Germany, a remedy of most powerful agency on the nervous system, and of great and decided benefit in most of the disorders or derangements of the stomach. It is called hydro-cyanic or Prussic acid, and an accurate and full account of its history, preparation and virtues have been published by Dr. GRANVILLE.* Dr. ELLIOTSON has also published an additional and satisfactory account of its virtues.

His experiments are detailed with great candour, impartiality and perspicuity, and he says that he has found it

* GRANVILLE on *Prussic Acid*, &c. 2d Edit.

exceed in efficacy all the accustomed remedies in affections of the stomach. Dr. ELLIOTSON supposes it acts specifically on the stomach, and so striking is this, that although when administered judiciously it is productive of the greatest benefit; an over-dose will, in every person, occasion nausea, vomiting, and a pain and tightness of the præcordia. The dose (without alluding to any particular complaint) has a very small range. Almost any adult will bear one or two minims, few more than five, three are generally borne and required, and very frequently four. The youngest infant will bear a quarter of a minim, half a drop, (a minim of it contains two ordinary drops,) and little good is usually derived from less than half a minim. Many children, a few years old, bear a minim and a half. The first dose therefore for

an adult may be one or two minims, for a child a quarter of a minim, and the dose of the former may be augmented half a minim and the latter a quarter of a minim every second day, till either benefit is derived or the medicine begins to disagree. In the latter case the dose must of course be diminished sufficiently to agree. With this precaution the medicine may be always exhibited without inconvenience. An inclination to vomit, or a little giddiness, is among the first signals for the diminution of the dose; an over-dose occasions vomiting, pain, and tightness of the stomach, faintness and giddiness. These effects however soon cease.*

In a letter addressed by Dr. PROUT to Dr. ELLIOTSON we have equally

* P. 39.

high encomiums bestowed on this medicine in Dyspepsia. Dr. PROUT believes that Prussic acid will prove one of the best remedies in affections of the stomach yet known, at least he knows of none on which he should rely with so much confidence. Dr. PROUT's formula was—Acid Prussic gutt. xx. in unc. viij. of distilled water. The dose from one to two table spoonfuls three times a day. To the above I can add my own testimony on the beneficial effects of this medicine, which I have tried in many cases with great success. The mineral acids both by their tonic and antizymic power are often valuable remedies in removing acidity. The nitric acid may be given in doses from five to twenty drops, night and morning, or thrice a day; it may be taken in plain or barley water. From ten to thirty drops of diluted

sulphuric acid, and from five to twenty of the muriatic acid may be taken in the same way, or diluted till they become agreeably acid. The sulphuric in general agrees best and proves an excellent tonic. The heartburn or cardialgia may often be relieved by absorbents and opium, frequently magnesia alone answers better than any other remedy, or even when every other fails. Gastrodynia, depending on flatulence, is relieved or removed by carminatives and stimulants. Æther and tinct. opii. in adequate doses, as drach. j. of the former and gutt. xxx. of the latter, properly diluted, have generally a prompt and beneficial effect. The tinct. or extr. hyoscyam. is on many occasions preferable to opium, since, in sufficient doses, it proves efficient without inducing costiveness; combined with camphor julap

it is highly useful in tremors and palpitations.

The saline mixture in a state of effervescence alone, or with opium in a solid or liquid state, or in the form of enema, is generally an useful medicine in removing pain and suppressing vomiting. A blister applied to the epigastric region often stops or controls this symptom, and which seems to depend on the sympathetic action between the skin and stomach. A blister acts with more certain and permanent effect by stimulating a part of the skin, and thence affecting the whole of it and of the stomach by association, and thence removes the most obstinate heartburns and vomitings.*

* DARWIN'S *Zoonomia*.

We now come to the third or last indication, and which is to strengthen the tone of the stomach in particular, and that of the system in general. These intentions are to be fulfilled by various means, such as proper and regular exercise, appropriate diet, and tonic medicines, and warm clothing. The rules of diet and the kind of medicines best calculated to remove, relieve, or prevent this disease having been already given, it remains only to speak of exercise, cold bathing, and warm clothing, three very important auxiliaries in establishing a perfect cure. Exercise is the most powerful remedy for strengthening the whole system, and we depend more on it than on any other means singly taken. Persons at first using exercise often find themselves unrelieved, but if they persevere health and good spirits

will follow. Gestation may be used when walking cannot, but riding on horseback is the best mode. Dyspeptic, nervous and weak habits obtain the utmost benefit from gentle daily exercise in the open air. A good motive for dining early, especially in winter or short days, is the opportunity which it affords for taking exercise after dinner, than which nothing is more conducive to healthy and perfect digestion as well as the procuring of sound and refreshing sleep. The encomiums bestowed on riding on horseback by Dr. SYDENHAM, in the curing of consumption, are much more applicable to its utility in Dyspepsia. If we consider, says this great author, that the lower belly, wherein all the secretory organs are seated, is greatly shaken by this exercise, perhaps some thousand times a day, we shall readily

admit that they are hereby enabled to shake off any gross sizy humours fixed there, and (which is still more material) so strengthened by this powerful rousing of the natural heat, as to be able to perform the function of purifying the blood assigned them by nature in a proper manner.

CELSUS also speaks highly of exercise in the cure of this disease; at first it should be gentle but gradually increased, and he particularly advises that which exercises the superior extremities, which is best in all disorders of the stomach. The cold bath is an excellent tonic, and very proper in many instances of Dyspepsia or where there is sufficient re-action in the system. In weak or delicate habits the tepid or shower bath is pre-

ferable. Dyspeptics are often not relieved by either at first, but if they persevere great benefit will in general be obtained. Nothing contributes more to restore the functions of both body and mind than sound sleep, and this is the usual reward of exercise, temperance, and early hours for rest. For, next to bleeding and purging, nothing impairs the strength more than sitting up late at night, which every valetudinarian can affirm from his own experience, provided he has only carefully observed how much more vigorous and cheerful he rose in the morning when he went to bed early, and how languid and faint he has found himself after sitting up late; and though there may seem to be no difference between going to bed earlier or later, provided a person lies in bed the same number of hours; as for instance, whether he goes

to bed at nine and rises at five, or at eleven and rises at seven; yet it is not so, and I conceive for this reason principally, namely, that in the day the spirits are dissipated either by exercises of the body or mind, which are so weak in sickly persons that they require the assistance of sleep earlier in the evening, and as the approach of night occasions a kind of relaxation in the animal economy, the tone of which was kept up in the day by the heat of the sun, the warmth of the bed becomes necessary to supply the place of the sun, especially in the winter season. But the spirits being refreshed and invigorated in the morning by the preceding nights sleep, together with the warmth of the bed and the ensuing day, likewise strengthening the tone of the parts still more; the rising early at

this time, though it may take an hour or two from the morning sleep, hurts the constitution less than sitting up an hour or two later in the evening. For this reason I would advise such as are subject to the gout to go early to bed, especially in the winter, and to rise betime in the morning, though their having had less sleep than usual may incline them to lie longer in order to get it up. The last but not the least point of consequence in the treatment of Dyspepsia is strict attention to warm and comfortable clothing. For this purpose worsted stockings and flannel waistcoat and drawers, either during the whole of the year, or at any rate, for seven months of it. The advice of the great Dr. BOERHAAVE that our winter's dress should be left off at Midsummer and put on the day following, would, if adopted in this

country, preserve the lives of many thousands, who, from the present fashion of thin airy clothing, become victims to consumption, scrophula and many other diseases. It may be necessary to observe that the use of flannel by night is injurious and wholly superseded by the warmth of the bed.

APPENDIX.

18th, 1821.

A. F. aged 30 years, is daily subject to severe pain in the whole of the epigastric region, passing through to the back, for the most part coming on in the afternoon, soon after eating, and it continues for several hours. It is generally soon followed by a discharge of serous fluid from the mouth, often by acid eructa-

tions, and sometimes by vomiting of a bilious fluid mixed with viscid phlegm. Considerable coldness of the face and extremities precedes and ushers in the attack. Complains of loss of appetite, nausea, languor, and debility; pulse natural, tongue has a white mucous fur, urine high coloured, turbid, and deposits a copious lateritious sediment. The above symptoms commenced about a fortnight since, and have all recurred at short intervals, except the vomiting. For several days at the beginning the alvine discharges were very dark coloured. He has experienced similar attacks before at irregular periods: the last was two years ago; can assign no particular cause, but the functions of the bowels had been imperfectly performed for some time previous to the direct attack:—

R. Oxid. bismuth. drach. j.

Pulv. rhei. opt. gr. xxiv.

Extract hyoscyam. scrup. j.

Pulv. baccar. capsic. gr. xij.

Ol. carui gutt. ij.

Mucil g. acaciæ q. s. ut fiat massa in pilulas xxiv.
dividenda quarum sumat ij. ter die cum unc. j.
mist. sequent.

R. Cort. cascarillæ contus. drach. iij.

Rad. calumb.

Cort. aurant. exsicc. drach. j.

Semin. cardamom. contrit. scrup. ij.

Decoct. cinchon. fervent. lb. ss.

Infunde per horas ij. et cola. dein adde acid.
hydrocyanic ex gutt. xvj. ad xx.
Spirit. lavend. comp. drach. ij. Misc.

R. Potion. cret. unc. iv.

Spirit. lavend. comp. drach. ij. Misc.

Capiat. unc. j. urgente ventriculi acore.

R. Mist. camphor unc. j.

Aquæ menth. piperit. unc. vj.

Spirit cinnam. drach. vj.

—— æther. sulphur. drach. iij.

Ol. carui gutt. xij.

Tinct. opii. gutt. lxxx.

Tinct. cardamom. comp. unc. ss. Misc.

Sumat unc. j. semel, bis vel ter die si flatulentia
maximé urgeat.

As this patient resided at a distance I did not receive any report of him until March 27th, when I received an accurate statement from the apothecary, and which was as follows :—

There have been daily attacks of severe pain in the epigastric region, continuing for several hours, accompanied by sickness, acid eructations, and sometimes vomiting. The bowels have been more costive, requiring the assistance of cathartics. The medicines have been regularly taken.

The following medicines were now prescribed :

R. Pulv. rhei,
 Oxid. bismuth. aa. drach. j.
 Pulv. baccar. capsic. gr. xv.
 Mucil. g. acaciæ q. s. ut fiat massa, in pil. xxx.
 divid. capiat ij. ter die cum unc. misturæ ut
 antea præscriptæ.
 Applicetur prope ventriculum empl. lyttæ.

R. Pil. hydrargyr. drach. ss.

Extract. colocynth. drach. j. Misce ut fiat
massa, in pil. xx. divid. capiat ij. alternis noctibus.

R. Aquæ fontan. unc. ij.

Æther. rectificat. drach. j.

Tinct. opii. gutt. xx.

Fiat haustus dolore ingruente sumendus.

April the 1st I was informed that although some abatement of the violence and frequent returns of the pain in the region of the stomach and of the other symptoms had been obtained, they still continued in considerable force, with loss of appetite and great general weakness. The bowels were more regular and the evacuations more natural. The pain often continued five or six hours, and was not relieved by the anodyne æther draught, although it was repeated at the interval of an hour. The remedies were now exchanged for

R. Pulv. cinchon. scrup. j.

Pulv. cort. cascarill. gr. xv.

Potassæ carbonat. gr. x.

Pulv. cinnam. gr. ij. Misce ut fiat pulvis ter
die sumendus ex lacte.

R. Ol. terebinth. rectific. drach. ij.

Vitelli ovi q. s. tere simul dein adde

Infus. menth. virid. lb. ss.

Sacchar. alb. drach. ij. Misce. sumat unc. j.
adveniente dolore et repetatur post horam si
redierit.

Three weeks after this time I saw the patient and found he had been in a progressive state of amendment since the last report, but he still complained of frequent slight attacks of pain in the afternoon; and of great flatulency in the stomach and bowels. The countenance was sallow and he appeared weak and much emaciated. The powder without the carbonate of potash was directed to be continued; also milk for supper.

May 1st I had the pleasure of seeing the patient in all respects much better, saying the milk agreed well and afforded sensible relief to the flatulence and nausea.

D. M. aged 20, has head-ach and heat in the soles of his feet and palms of his hands, also general uneasiness, weakness, and loss of appetite, with depression of spirits, body habitually costive, pulse natural, tongue whitish, and he complains of a bad taste in his mouth in the morning. These complaints have been present in some degree for some years past, and he attributes them to a sedentary life.

R. Aquæ menth. piperit.
Aqæ. fontan. aa. unc. ij.
Mucil g. acaciæ
Syrup. simpl. aa. unc. ss.

viii.

Magnes. ustæ drach. ij.

Pulv. rhei. scrup. ij. Misc.

Sumat unc. j. hora somni et repetatur iterum
cras mane.

Meat daily and a milk diet, regular daily exercise
in the open air.

May 1.—Bowels moved by the mixture.

Repetatur mistura ad unc. j. hora somni et iterum
cras mane. Sumat infus. gentian. comp. unc.
iss. meridiè et iterum vesperi.

2.—Some nausea in the morning ;
appetite countenance, spirits, and digestion better.

Omittatur mist. e Magnes. et rheo.
Continuetur infusum gentian. comp.

3.—Continues better, but slept ill.

Repetantur Medicamenta.

4.—Still some uneasiness in his stomach and a little eructation, some slight head-ach, body costive.

Sumat statim pil. rhei. comp. gr. xv. reliquà ut antea.

6.—Pills operated three or four times yesterday afternoon. Some acid eructation this morning before breakfast.

Continuentur remedia.

Sumat potion. cretæ unc. ij. unguente pyrosi.

7.—Pills have operated twice. No more pain at stomach, or eructation since he took the potio cretacea.

Continuentur pilulæ.

Repetatur infus. gentian. comp. et lavatione utatur frigida.

x.

8.—Head-ach and weakness. No more eructation. Body open.

Omittatur infus. gentian. comp.

Sumat pulver. cinchon. scrup. 4 ter die ex lacte.

Potio cretæ urgente pyrosi.

9.—No more eructations but still some head-ach.

12.—Scarcely any of the Dyspeptic symptoms remain. These cases sufficiently illustrate the symptoms and progress of Dyspepsia, and it would therefore be tedious and unnecessary to multiply them.

HYPOCHONDRIASIS

AND

HYSTERIA.

HYPOCHONDRIASIS

AND

HYSTERIA.

These diseases are so intimately connected with Dyspepsia or Indigestion, so often combined with it, and so frequently arise from the same remote causes, that I trust it will not be unacceptable to the reader to have a succinct account of the History and Treatment of each. Hypochondriasis is defined by Dr. CULLEN, a Dyspepsia, attended with languor, mental uneasiness and timidity,

from causes inadequate in a melancholy constitution. The affinity between this and Dyspepsia is so great that Dr. GREGORY and many other writers consider it to be only an increased degree or modification of Dyspepsia, depending on its occurring in a melancholic temperament. It must therefore be, from what has been already said, a very common disease. It seldom appears before the age of thirty years, but from that period it is confined to no particular time of life. It is accompanied by a great number and variety of symptoms, relating as well to the body as the mind. Among the principal of these we may mention languor, lassitude and debility of the whole body, anxiety, weakness and depression of the mind, fear and grief, with much derangement and disturbance of the functions of the stomach

and intestines, denoted by anorexy, nausea, vomiting, eructation, rumination, heartburn, gastrodynia and enterodynia, or painful spasms in the stomach and bowels, flatulence, copious pale urine, sometimes diarrhœa, often costiveness, and not unfrequently the hæmorrhoids or piles.

These symptoms on careful inquiry will in most instances I believe, be found to have their seat and origin in vitiated states of the stomach and intestines, and the numerous morbid sympathies depending thereon. A debility or relaxation of these organs, with an accompanying or consequent diseased state of their secretions seems to constitute the most evident and chief part of the proximate cause of the complaint. It must however be observed that considerable

disorder often occurs in many functions of the body, without being followed by hypochondriasis or low spirits as the chief part of them. This is a subject of great obscurity and cannot be explained until we possess more accurate knowledge of the laws of union and power between the body and mind. That a most intimate connexion exists between them is evident from the circumstances that affections of the mind such as grief, fear, joy, &c. often induce debility of the stomach and bowels, and that the means which strengthen and improve the tone and action of these organs at the same time restore cheerfulness and vigour of mind. In addition to the above morbid condition of the alimentary canal there is also an impeded circulation of the blood, or a congestion of it in the vessels of the

abdominal viscera, especially those of the liver, and for this reason chiefly, that the venous circulation through the liver is naturally long, weak and slow. This slow, irregular and obstructed passage of the blood through the liver may also occasion or greatly increase the weakness and disorder of the stomach and bowels.

REMOTE CAUSES.

The remote causes are principally a sedentary inactive life, great mental or corporeal exertion, full and rich diet, the abuse of tea, coffee, tobacco and other narcotics, immoderate use of spirits, or of wine and other fermented liquors, a cold moist climate, especially in the winter and such as particularly occurs in this country. The sedative

or depressing passions of grief, anxiety and fear, lastly profuse and sudden evacuations or slight ones of long continuance. The operation of most of these causes is threefold upon the mind, the circulation of the blood, and in the stomach and bowels. Cold and moisture check or suppress perspiration, impede the circulation of the fluids, throws them on the internal parts, and weaken the stomach and bowels from the direct sympathy between the skin and these parts. Affections of the mind have a similar operation and consequence. Some of the other remote causes act first on the whole body by inducing debility, and secondly on the digestive and circulating organs, as profuse evacuations, scanty diet, &c. Nothing makes more sudden or more surprising changes in the body than the several passions of the mind.

These however act solely by the mediation of the brain and in a strong light shew its sympathy with every part of the system.* Innumerable proofs may be brought to shew that the chief and constant predisponent cause of Dyspepsia, Hypochondriasis and Hysteria consists in a preternaturally delicate or morbid sensibility of the alimentary canal, and especially of that leading and most sensible part of it the stomach, from whence it is powerfully communicated to the whole body. From the state of the nerves in these organs we can rationally account for the various and wonderful effects produced in some persons by sudden and great impressions. BONE-TUS has recorded the case of a Lady who among other hysteric symptoms, owing to grief and disappointments, was seized

* WHITT on *Nervous Disorders*, P. 514.

with frequent fainting fits which sometimes lasted half an hour.*

Hypochondriasis is remarked to be often connected with a plethoric or hæmorrhagic state of the body and especially with the hæmorrhoids or piles. The same age, climate, season of the year, regimen, (to wit) full and luxurious indolence and a sedentary life, a plethoric habit and costiveness are common to both, both often occur to the same person, and at the same time, and often on the suppression of the hæmorrhoids the hypochondriasis appears, and that being restored this disappears. Piles evidently arise from a congestion of blood in the vessels of the rectum and other parts within the abdomen, and hence it may be inferred that

* *Sepulchret. Anatomic. Lib. 2. Sect. 2.*

hypochondriasis in many cases depends on the same kind of congestion.

CURE OF HYPOCHONDRIASIS.

The cure of this affection is to be conducted on the same general principles and by many of the same remedies as have been already advised for the cure of Dyspepsia. The indications to correct or remove the vitiated contents and secretions of the stomach and bowels, to restore their healthy tone and action, to remove congestions in the abdominal viscera, to procure and promote a free and equable circulation of blood and all other fluids throughout the whole body, to strengthen the whole habit and to engage, attract and amuse the mind. In fulfilling these indications absorbents, gentle cathartics, and especially the

combination of these with bitters and tonics. Dr. SYDENHAM highly extols the virtues of cinchona or peruvian bark as being an excellent and useful tonic. Moreover the cortex is sometimes found to strengthen the blood and spirits in a wonderful manner, and I have known several hysteric women and hypochondriac men recovered, who were reduced to great weakness through the long continuance of their respective diseases, by taking a scruple of it every night and morning.* Chalybeates and bitters have often very good effects, and the benefit of their operation is to be deduced from their respective efficacy in putting the digestive organs into a healthy and vigorous state, for by a salutary sympathy diffused from these their influence is communicated to the whole body. Change of climate or

* SYDENHAM'S *Works*, Vol. 2d, P. 150.

removal to a warm and dry air is of the greatest consequence, and particularly if there be conjoined proper, regular and daily exercise in the open air, amusements, cheerful company and due mental occupation. Constant riding on horseback is allowed by every writer on this and all other nervous disorders to produce the most decided and the most permanent relief. The virtue and success of this exercise is well exemplified in the relation of the following case by SYDENHAM, and which I shall therefore give in his own words:—

“ A reverend and learned Prelate having applied himself to his studies for a long time, was at length seized with an hypochondriac disorder, which by its long standing depraved all the ferments of the body and destroyed

the digestions. He had gone through some courses of chalybeates and tried most mineral waters, with repeated purgation, all kinds of antiscorbutic medicines, and abundance of testaceous powders, which bid fair for sweetening the blood. Being thus in a manner worn out, partly by the disease and partly by the continued use of remedies for so many years, he was at length attacked with a colliquative looseness, which is the usual forerunner of death in consumptions and other chronic diseases, when all the digestive faculties are totally destroyed. At length he consulted me, and I immediately judged that it would be in vain to order any more medicines, as he had taken so many ineffectually, and therefore advised *riding on horseback*, directing him only to take such short journies at first as

might best suit his weak condition. Had he not been a judicious and considerate person, he could not have been persuaded to try this kind of exercise. I entreated him to continue it every day till he found himself perfectly recovered, and to lengthen his journies by degrees to a moderate days journey, and not to mind either meat or drink, or the weather, but to take up with such accommodations as are to be met with upon the road like a traveller. In short he continued this method till at length he rode twenty or thirty miles a day, and finding himself much mended in a few days, he was encouraged by this wonderful success to continue this course for several months, in which space of time he told me he had rode many thousand miles, so that at length he was not only freed from his disorder but became strong and brisk.”*

* *Vol. 2d. P. 155.*

Regular active exercise not only causes a natural and proper circulation of all the fluids, promotes the passage of the blood through the small vessels and gives activity and energy to the moving powers both of body and mind, but particularly does good to the stomach and intestines, whose agency is exerted over all other parts.

Friction of the extremities and abdomen with a flesh brush, flannel, or a coarse linen cloth is very useful in hypochondriacal and dyspeptic complaints and was much recommended by Dr. BOERHAAVE.

HYSTERIA OR THE HYSTERIC DISEASE.

This is a severe spasmodic or convulsive disease and extremely various in its phenomena, many of which are very similar to epilepsy. The spasm for the most part begins from the bowels, then affects the stomach and proceeds gradually to the throat and head. The globus hystericus or hysteric ball is one of the most characteristic symptoms, with which there is generally great flatulence. From the distinct and improved views of this disease by Dr. HAMILTON, it will be advisable, for the sake of brevity and perspicuity, to give the history of it as detailed by that excellent author :—

“ The most common symptoms of hysteria and those which are esteemed to be pathognomonic are, acute pain in the forehead or over either orbit, which is confined to a small spot, shifting pains of the abdomen, flatulence, constipation of the bowels, sometimes, though rarely, vomiting and purging, acid and fetid eructations, or irritable and occasionally a despondent state of mind, unquiet sleep, which is frequently disturbed by incubus and frightful dreams.

“ These symptoms produce the chronic state of hysteria and predispose to the excitement of the more violent hysteric affections, fits, or convulsions. These fits sometimes attack suddenly, but are more frequently preceded by other symptoms which give warning of their approach, such as a sense of oppression

over the chest, palpitation of the heart, a dry cough, a copious flow of pale-coloured urine, and above by the sensation as if a ball formed in the lower part of the belly traversed the abdomen, ascended by the left side, and reached the stomach, and from it œsophagus and larynx producing difficult deglutition and sense of suffocation.

“ After this the patient falls down and is violently agitated with convulsions of different muscles, particularly those of the abdomen, which is thereby greatly contracted and drawn inwards. This convulsive motion continues for some time when sleep supervenes, from this sleep the patient awakes sobbing and sighing and with a murmuring noise throughout the abdomen, and most commonly without any recollection of

what has passed during the fit. This fit is frequently renewed for a length of time in the same person, who enjoys tolerable health in the intervals. Hysteria is more frequent and more severe in women than in men, hence it has been thought, although erroneously, to be peculiar to females.*

* Many authors have considered hypochondriasis to be the same disease as hysteria, and that each of them occurs exclusively to either the male or female sex. Women however, as well as men, are subject to hypochondriasis; and men, as it is above observed, to hysteria, although certainly but very seldom. Many years since I saw an instance in an intemperate and debilitated person of the combination of hysteria and epilepsy. The case from its singularity I communicated to Dr. GREGORY, who returned the following answer :—

“ EDINBURGH, *January 3d, 1792.*

DEAR SIR,

“ I thank you heartily for your very accurate and valuable communication of your friends case. I believe you are quite right in your notion of it: it seems to me to be an instance of epilepsy and hysteria combined, which I think I once saw myself. It is by far the strongest instance I have heard of, of hysteria in a man. As such I shall make use of it when I come to treat of hysteria.”

“The period when it prevails most is from puberty to the age of thirty five; women of a plethoric habit, or of what is called the sanguine temperament, are most commonly exposed to it, and in them it often accompanies the regular flow of the catamenia. Different slight causes readily induce hysteric paroxysms in persons predisposed to them, such as fatigue, great and sudden evacuations, peculiar odours and certain objects, which, either from a constitutional or an acquired aversion, occasion unpleasant or uneasy sensations. Mental agitations also from surprise, grief, joy and other passions, are common exciting causes of hysteria.”

The sensibility and irritability of the whole system in these patients is sometimes wonderfully increased. To

some persons the slightest sound or surprise will produce convulsions. I lately met with an instance in which a paroxysm was instantly excited by the slight noise formed on shutting the case of a watch. The same person would fall immediately to the ground on hearing the report of a gun. Dr. HAMILTON has here presented us with the symptoms of hysteria in their usual order of commencement and progress, and which tends in the strongest manner to illustrate and point out the nature of the disease, as well as to discover the erroneous judgment formed of it by preceding authors. Dr. HAMILTON justly observes that the primary and leading symptoms of hysteria denote a preternatural affection of the stomach and alimentary canal, and that to his mind they afford conclusive evidence that the

cause of the disease exists in these organs, and that the other multifarious symptoms depend upon it. To this opinion, from ample experience, I fully subscribe, since in innumerable instances I have witnessed the diminution and complete removal of the symptoms by a steady course of aperient or cathartic medicines. At the same time I must remark that I have seen great and evident utility produced by a combination of tonics, antispasmodics and cathartics. The whole system so soon becomes debilitated and so sensibly sympathises with the morbid state of the primæ viæ as to require general tonic remedies.

Those who are followers of, or are attached to, the doctrine of nervous pathology, will find an excellent illustration and support of it in Dr. WILSON'S

letters on morbid sympathy, a work of great practical utility. The encomium bestowed on opium in the art of physic by Dr. SYDENHAM, may be justly applied to the importance of an accurate and extensive knowledge of the laws of the nervous system, both in a sound and morbid state; for without it the science of medicine would be lame and imperfect.* This pathology, Dr. WILSON observes, approaches far nearer to the certainty of demonstration than any other, it has served to direct my own practice in a satisfactory manner through a mist of insulated facts and general assertions, and every year's experience has served more and more to strengthen my opinions. I gladly take this opportunity of affirming that my own sentiments, practice and experience are like

* *Sine opio manca sit, et claudicet medicina.*

those of Dr. JOHNSON (the able reviewer of Dr. WILSON's book) quite in unison with the declaration here made.

Dr. CULLEN, the great restorer of the nervous pathology, although he admitted the primary appearance of the symptoms in the alimentary canal, yet from the intimate connexion of the paroxysms with the uterus and genital organs he believed that physicians have at all times judged rightly in considering this disease as an affection of the uterus, and other parts of the genital system. In judging on the opinions of these two writers as to the manner in which the paroxysms are excited I perceive but little difference, for each of them must ultimately explain the operation of the causes of the disease, through the intervention of morbid sympathy between

the primary affected organs, the brain and the whole nervous system. In doing this we must acknowledge the truth and importance of the nervous pathology in explaining the numerous and varied phenomena of most diseases. Of this at least, I am sure that a consideration of the causes of any disease, exclusive of a primary and important affection of the nervous system, is fraught with imperfection and error. In conducting the cure of hysteria, as a considerable degree of plethora sometimes occurs, so there will then be a necessity for a cautious bleeding, a spare diet and constant exercise; but for the most part debility prevails, indicating a full diet and a total abstinence from bleeding. A proper regimen is of the greatest consequence, such as has been already advised in Dyspepsia. The fits should be very

carefully prevented, if possible, and almost any remedy may be used having this effect. Plain animal food once a day, and abstinence from tea and coffee must be observed; exercise in the open air will be of the greatest benefit. The cold bath is very proper both from its tonic and terrific powers. The patient must be encouraged to resist the disease as much as possible. Temporary relief is afforded by antispasmodics, and æther is generally the best, or this combined with opium gutt. xl. or scr. j. of æther with gutt. xv. or xx. of tinct. opium, taken in a glass of water on the approach of the fit, will often prevent it. Fetid medicines are sometimes very useful and are best taken in solution. In the intervals tonics are required, but it is from the judicious management or regulation of the alvine discharge that all

permanent benefit and success can be obtained.

FINIS.

ERRATUM.—ON HYSTERIA.

At page 27, line 13, read—or *drachm* of æther, instead of *scruple*.



PAGINATION
STARTS OVER AGAIN
AFTER leaf #117
(PAGE 101)



